

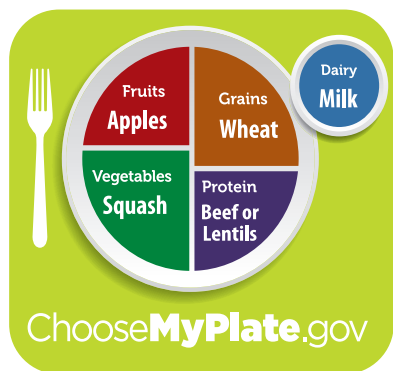
OCTOBER

is



NATIONAL **FARM TO SCHOOL** MONTH

Celebrate **Farm to School Month** throughout **Montana!**



October is National Farm to School Month, a time to celebrate the connections that are happening all over the country between schools and local food. Participate in the celebration by featuring local and Montana grown foods in meals or taking a field trip to a nearby farm!

Consider serving up these Montana foods from each section of **MyPlate**: apples (fruit), squash (vegetable), wheat (grain), beef or lentils (protein), and milk (dairy).

Learn more, get school meal recipe ideas, find activities, and register your celebration at **www.opi.mt.gov/Farm2School**.

